

# Traumatic Events

## Signs and Symptoms of Trauma



**Trauma** is a deeply distressing or disturbing experience. A person may experience symptoms of trauma even after the event has passed. A **traumatic event** is sudden, unexpected and perceived as a danger. It can threaten a person's physical and mental well-being. It is also subjective and based on the survivor's perceptions. Traumatic events can be overwhelming and render a person unable to manage daily functions.

The following are some behaviors that a job seeker may exhibit as a result of trauma:



Interpersonal conflicts, appears agitated



Difficulty "getting motivated" for job training or job search



Hesitant to accept help from others



Difficulty concentrating or remembering



Increased need for control



Difficulty keeping up in job training programs



Triggered when dealing with authorities



Irritability, restlessness, outbursts of anger or rage



Depression and diminished interest in everyday activities



Irrational thoughts or plans

**Trauma Informed Care** involves taking a step back and changing your perspective on how to assess and assist customers. An important step in implementing a Trauma Informed Care approach is recognizing the symptoms of trauma and addressing them appropriately. Changing your approach includes being empathetic, acknowledging the effects of trauma, and serving your customer with compassion.

NCWorks Training Center

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